



Grilled Seafood Paella

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



1054 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 1 small carrots thinly sliced
- ☐ 1 large chipotles in adobo
- ☐ 0.3 cup sherry dry
- ☐ 1 cup ears corn fresh
- ☐ 6 large garlic clove chopped
- ☐ 0.5 pound green beans cut into 1-inch lengths
- ☐ 1 teaspoon kosher salt

- ☐ 1.5 pounds mussels scrubbed
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 medium onion thinly sliced
- ☐ 1 small onion finely chopped
- ☐ 1 large poblano pepper seeded cut into 1/2-inch dice
- ☐ 1 pinch saffron threads
- ☐ 6 servings salt
- ☐ 4 spring onion cut into 1-inch lengths
- ☐ 6 servings shells (see below)
- ☐ 1.8 cups short grain rice spanish such as valencia or bomba
- ☐ 1.5 pounds shells shelled deveined
- ☐ 1 handful thyme sprigs such as rosemary or thyme
- ☐ 4 thyme sprigs
- ☐ 3 tablespoons tomato paste
- ☐ 2 medium tomatoes chopped
- ☐ 2 tablespoons vegetable oil
- ☐ 2 quarts water

Equipment

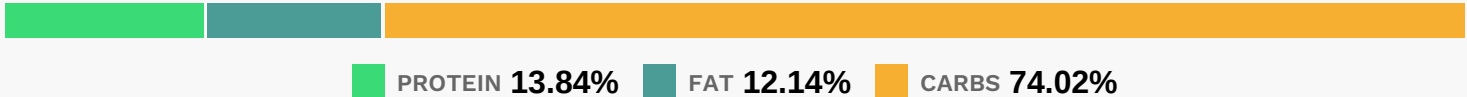
- ☐ frying pan
- ☐ sauce pan
- ☐ roasting pan
- ☐ grill

Directions

- ☐ MAKE THE BROTH: In a large saucepan, heat the oil.
- ☐ Add the shrimp shells and cook over moderate heat, stirring, until browned, about 5 minutes.
- ☐ Add the onion and carrot and cook, stirring, until the onion begins to brown, 5 minutes longer. Stir in the tomato paste and cook for 2 minutes, stirring.

- ☐ Add the sherry and boil for 1 minute, then add the water and return to a boil. Stir in the garlic, thyme, bay leaves, chipotle and saffron and simmer over low heat for 25 minutes.
- ☐ Strain the broth into a saucepan, pressing hard on the solids; you should have 6 cups. Season with salt. Cover and keep warm over low heat.
- ☐ MAKE THE PAELLA: Light a grill. If using charcoal, build a large fire that will last at least 30 minutes. Start more coals in a chimney starter to feed the fire. If using a gas grill, set the center burner on high heat and the side or front and back burners on low.
- ☐ Place a 14- to 16-inch paella pan or a 14-inch stainless steel roasting pan over a medium-hot fire.
- ☐ Add the olive oil and heat until sizzling.
- ☐ Add the scallions, onion and poblano. If using charcoal, move the pan over to the cooler side of the grill; if using gas, reduce the heat to low. Cook, stirring with a large wooden paddle or spoon, until the vegetables soften, about 5 minutes.
- ☐ Add the rice and cook, stirring, for 2 minutes. Stir in the tomatoes, corn, green beans and salt.
- ☐ Add the hot broth to the rice; shake the pan to distribute the rice evenly. Move the pan to the hotter part of a charcoal grill or increase the heat to moderately low on a gas grill. If using charcoal, scatter the herbs over the coals. If using a gas grill, place the herbs in the smoker box or scatter over the heat bars. Cover the grill and let the paella cook, shaking the pan once or twice, until the broth has been absorbed and the rice is almost tender, about 20 minutes. The rice should cook at a steady simmer; add hot coals to the fire if it starts to fade.
- ☐ Scatter the shrimp over the rice and nestle the mussels in the paella, hinge side down. Cover the grill; cook until the shrimp are pink and the mussels open, about 5 minutes. Discard any mussels that do not open. Using a large wooden paddle or spoon, transfer the seafood paella to plates, scraping up the crusty rice from the bottom of the pan, and serve.
- ☐ Wine Recommendation: A Portuguese Vinho Verde is a refreshing match for the smoky chiles here. Look for a Nonvintage Quinta da Aveleda or the 2000 Grinalda.

Nutrition Facts



Properties

Glycemic Index:115.47, Glycemic Load:91.58, Inflammation Score:-10, Nutrition Score:43.397391194883%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg

Nutrients (% of daily need)

Calories: 1053.56kcal (52.68%), Fat: 14.03g (21.58%), Saturated Fat: 2.29g (14.31%), Carbohydrates: 192.42g (64.14%), Net Carbohydrates: 181.18g (65.88%), Sugar: 12.12g (13.47%), Cholesterol: 16.19mg (5.4%), Sodium: 854.71mg (37.16%), Alcohol: 1.03g (100%), Alcohol %: 0.16% (100%), Protein: 35.99g (71.98%), Manganese: 4.5mg (224.8%), Selenium: 143.22µg (204.6%), Vitamin B12: 6.94µg (115.67%), Folate: 235.03µg (58.76%), Phosphorus: 569.24mg (56.92%), Vitamin C: 46.73mg (56.65%), Vitamin A: 2477.82IU (49.56%), Vitamin K: 51.74µg (49.28%), Vitamin B1: 0.71mg (47.28%), Iron: 8.45mg (46.93%), Fiber: 11.23g (44.93%), Copper: 0.86mg (43.21%), Magnesium: 163.77mg (40.94%), Vitamin B3: 7.74mg (38.68%), Vitamin B6: 0.65mg (32.72%), Potassium: 1095.53mg (31.3%), Zinc: 4.51mg (30.08%), Vitamin B5: 2.19mg (21.95%), Vitamin B2: 0.36mg (21.15%), Vitamin E: 2.49mg (16.62%), Calcium: 111.82mg (11.18%)